Subject: Election Week Events and Resources
Date: Monday, November 4, 2024 at 1:57:40 PM Eastern Standard Time
From: Middlebury Updates
To: Middlebury Updates

Dear Middlebury Community,

We are writing at the start of this election week to let you know about events and opportunities, including individual and collective community spaces and programs available to our students, faculty, and staff. Please note that classes and other scheduled programs and activities will continue as normal alongside these activities.

We also want to note that today is the start of Mental Health Awareness Week, and the offices of Health and Wellness Education and Counseling have planned a number of programs, several of which are noted in the list of events below.

Voting Essentials

All Middlebury College students who are eligible to vote in the United States may vote in Vermont if they have not voted by absentee ballot in their home state. Online registration also is available.

The following important information for all Vermont voters includes tips from the Vermont Secretary of State's Office:

- There is no deadline to register, and those who are eligible may register to vote up to and including the day of the election.
- If you register online the day before the election or on Election Day, however, your application may not be processed and your name may not appear on the checklist. You also may be asked to fill out another application at the polls.
- The polling place for Middlebury College students eligible to vote in the United States and living on campus is the Middlebury Recreation Center at 154 Creek Road.
- Transportation to the polls on Election Day, Tuesday, November 5, will be provided by MiddVotes and the Center for Community Engagement, leaving from Adirondack Circle every hour on the hour from 7 a.m. to 6 p.m.

Election Week Activities

Following is a list of election week activities on the Vermont campus. We have

developed a list of these activities and events with the goal of creating community spaces for all. These events range from weekly gatherings focused on community building and wellness to specific events related to election week. For more information, go to the campus calendar, or see election related events here.

- **All Week, November 4-8: Weekday Morning Sitting Meditation**, 8:30 a.m., McCullough, Crest Room. Join us for 15 minutes of silent meditation every weekday morning, led by various staff, faculty, and students.
- **Monday and Tuesday, November 4 and 5: MiddVotes Voter Registration Drive**, 4:30 p.m., Proctor Terrace. MiddVotes is hosting voter registration drives. Come to Proctor Dining Hall and find us outside to register to vote, request an absentee ballot, or make a plan to vote on Election Day.
- **Tuesday, November 5: Election Day Rides to the Polls**, 7 a.m.–6 p.m., Adirondack Circle. Transportation to the polls will be provided by MiddVotes and the Center for Community Engagement. Vans will depart on the hour from Adirondack Circle and arrive at the Middlebury Recreation Center at 154 Creek Road.
- **Tuesday November 5: Shred Your Worries**, 11:30 a.m.–1 p.m., Axinn Center, Winter Garden. Find yourself being bombarded by worry? Try out using a shredder to leave your worries behind.
- **Tuesday, November 5: Therapy Dog Hour**, 4 p.m., Davis Family Library. Come visit with Milo and friends for some dog snuggles or a quick pet, and share stories and pictures of your pets at home. You can find us outside Davis Library when the weather is nice; otherwise you will find us inside, across from the circulation desk.
- **Tuesday, November 5: Aikido on and off the Mat: Cultivating Intentional Responses to Everyday Conflict with Counseling**, 4:30–5:45 p.m., Virtue Field House, Goldsmith Lounge. This workshop introduces Aikido techniques and thoughts on bringing centered presence off the mat into our everyday lives. No prior experience is necessary. Participants should wear comfortable clothing that includes long pants such as sweats. Come join us while we attempt to embody our values and view somatic arts through a queer, feminist lens. **For students only.*
- **Tuesday, November 5: 2024 Presidential Election Night Watch Party**, 7 p.m., McCullough, Wilson Cafe. Join MiddVotes and Political Science Professor Bert Johnson for a live screening of the 2024 Presidential Election. We will be tracking the progress of the election live on CNN, and Professor Johnson will provide

consistent commentary and answer questions from the crowd. Snacks and light refreshments will be provided. Bring a friend and sit down with us as we watch the most anticipated election in recent years.

- **Tuesday, November 5:** Community Balloon Painting, 2 p.m., Prism Center. Throw your stress away. We will be throwing paint-filled balloons at tarps to create a community art project at the Prism Center lawn.
- **Wednesday, November 6:** Post-Election SlowDown, all day starting at 9 a.m., McCullough, Crest Room. Encounter your election anxiety with snacks, crafts and good company at an all-day drop in with Scott Center chaplains and staff.
- **Wednesday, November 6: Moving Forward, Together,** all day, McCullough, Wilson Hall. Throughout the day there will be opportunities to move, talk, breathe, and process your experiences of this election season. In addition to an all-day creation space, there will be movement with Lida Winfield (9:45-10:35 a.m., and 2:15-3:05 p.m.), yoga with Chessy Kelly (11:45 a.m.-12:45 p.m.), Good Walks (group walks) every hour starting at noon, a restorative circle starting at 4 p.m., and discussions throughout the day, all available in (or starting from) Wilson Hall.
- **Wednesday, November 6:** Messages of Hope—Paper Yellow Tulip Garden**,** 10 a.m.–2 p.m., McCardell Bicentennial Hall, Great Hall. Did you know yellow tulips are a symbol of mental health promotion and suicide prevention? Come add to our messages of hope garden and make an origami paper tulip.
- **Wednesday, November 6: Drop-in Arts and Crafts**, drop in from noon–4:30 p.m., Prism Center. There will be painting, collage making, and clay.
- **Wednesday, November 6: Good Walks,** noon to 7 p.m., McCullough, Wilson Hall. We invite students and employees to join a post-election “Good Walk.” Groups will depart Wilson Hall on the hour for walks around campus. Get some fresh air, digest the election news, make a new connection, and show support for our community.
- **Thursday, November 7:** Goodness, Grief and Gratitude Circle**,** 3:45 p.m., Middlebury Chapel. A lightly-guided weekly ritual open to all members of the campus community every week to share care and concern in response to personal, campus, and world events.
- **Thursday, November 7:** Letters to Loved Ones, 7:30–9:30 p.m., Davis Family Library 230. Stop by and write a letter to someone who makes a difference in your life. Enjoy hot cider, pie, and community as the nights get darker. Expressing

gratitude to others boosts your well-being too! Hosted by Mental Health Peer Educators.

- **Friday, November 8: Fresh Check Day**, 1–4 p.m., McCullough, Wilson Hall. An uplifting mental health promotion and suicide prevention event that includes interactive expo booths, peer-to peer messaging, support of multiple campus departments and groups, a lively social atmosphere with free food and music performances, and prizes for participation. Brought to you by Health and Wellness Education, Counseling, CARE Management, Palana, and the Prism Center.
- **Tuesday, November 12: Good Talks: Election Reflection–A Town and College Conversation**, 7 p.m. Town Hall Theater. The event is free, but *registration is required*. A week after the 2024 general election, we invite you to an intergenerational community conversation. We will begin with a short panel featuring Daniza Tazabekova ’26, State Senator Ruth Hardy, and Professor Bert Johnson. Participants will then join structured small groups to discuss the election results and next steps. Refreshments and snacks provided.

Bias Reporting

We have heard concern from members of our community about a potential increase in bias related incidents around the election. During the 2016 and 2020 elections, members of our community experienced biased behavior based on perceived racial/ethnic identity, gender identity/expression and sexual orientation. Middlebury College affirms the rights and dignities of all members of our community and will work actively and responsively to support individuals or groups impacted by bias. If you experience or become aware of a bias related incident, please go to the CBRT website for support and resources including for reporting.

Additional Resources

Election season and politics often address difficult and personal questions that affect all of us. Elections also carry uncertainty, which can be stressful. Please take care of yourselves and each other. For extra support, students should contact the Center for Health and Wellness and TimelyCare, and employees should contact their health care provider or the Employee Assistance Program.

Beyond voting, individuals may consider taking action through legislative advocacy or by becoming involved in the community. All students are welcome to schedule an advising session with a Center for Community Engagement staff member to explore how to make a difference in our communities.

We hope these resources are helpful, and that each of you finds ways that are right for you to be engaged in this important process as individuals and as part of the Middlebury community.

Sincerely,

Khuram Hussain
Vice President for Equity and Inclusion

Michelle McCauley
Executive Vice President and Provost

Smita Ruzicka
Vice President for Student Affairs